

KNIGHT NEWS

YOUR BI-WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, JANUARY 14, 2022

Welcome Back

Week of Welcome begins Tuesday, January 18! We have entered a new year, and we are so excited about Spring Semester! We want to welcome you with our Welcome Tables and work on our fitness goals with a wellness activity. Check out page 2 for more details!



Monday, January 17, 2022 is Martin Luther King, Jr. Day. Find out more about this holiday and how to observe it from The King Center!

HEALTH AND WELLNESS:

January is National Soup Month

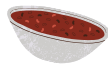
Soups not only warm us up on cold winter days, but they fulfill our need for nutrients lost working hard in the elements. Chicken noodle soup is known for its healing properties, as well. See the great recipe below for Chicken Noodle Soup and checkout the link for other great recipes too!

Ingredients:

- 1 tablespoon butter
- ½ cup chopped onion
- ½ cup chopped celery
- 4 (14.5 ounce) cans chicken broth
- 1 (14.5 ounce) can vegetable broth
- ½ pound chopped cooked chicken breast
- 1 ½ cups egg noodles
- 1 cup sliced carrots
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- salt and pepper to taste

Directions:

In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.



Please click here for more recipes:

<https://nationaldaycalendar.com/national-day-soup-recipes/>



Interested in a fitness card?

Click on the link below to sign up!

<https://www.westgatech.edu/student-life/health-and-wellness/>

WEEKLY WELLNESS TIP:

How to Beat the Winter Blues

1. Take a Break From the News
2. Boost Your Mood with Food
3. Keep Up Your Sleep Routine
4. Do Some Physical Activity
5. Try the 10x10x10 Plan
6. Call on Your Support System
7. Seek Out the Sun
8. Light Therapy
9. Seek Professional Help
10. Consider Medication



Click below for full article:

<https://www.verywellmind.com/how-to-beat-the-winter-blues-5087998>

STUDENT ORG SPOTLIGHT:

JOIN SkillsUSA

Join SkillsUSA by Wednesday, January 19, 2022 and enjoy the benefits of this great organization. If you want to have access to scholarships, reinforce your employability skills, grow your professional network and compete in nationally recognized contest programs, this is the organization for you! WGTC's SkillsUSA chapter has earned several honors over the years including Gold Chapter of Distinction in 2020.

Next month, we will participate in the annual SkillsUSA Georgia Championships. Members can choose from over 80 different contests like Job Interview, Culinary Arts and more to showcase the skills they have learned at West Georgia Tech. WGTC students compete against students from other colleges in the Technical College System of Georgia. To join, complete the electronic membership form found here: <https://forms.gle/YvjE6ka22nMLVfBV6> and pay your \$15 membership dues to a cashier on any campus by noon on Wednesday, January 19, 2022. The next organization meeting will be Wednesday, January 19. Click on the flyer above to attend.



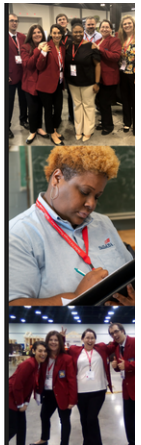
BECOME A LEADER
BECOME EMPOWERED
BECOME A CHAMPION

Join SkillsUSA

ATTEND OUR VIRTUAL MEETING.

DATE: JANUARY 19, 2022
TIME: 3:00 PM
CLICK HERE TO JOIN THE MEETING:
<https://www.westgatech.edu/student-life/student-organizations/skills-usa/>

FOR MORE INFORMATION, VISIT:
<https://www.westgatech.edu/student-life/student-organizations/skills-usa/>



UPCOMING STUDENT ORGANIZATION MEETINGS :

GSGA ~ Wednesday, January 19, 2022 ~ 4 P.M.
<https://westgatech.webex.com/westgatech/j.php?MTID=m6c538b6477903a21885119e572965a15>



WGTC VIRTUAL CORNER: Wanna make folding a towel fun? Yeah right! What part of that sentence even sounds right!? Click here to watch the YouTube video: <https://www.youtube.com/watch?v=2074icwjHQ>

As set forth in its student catalog, West Georgia Technical College does not discriminate on the basis of race, color, creed, national or ethnic origin, sex, religion, disability, age, political affiliation or belief, genetic information, veteran status, or citizenship status (except in those special circumstances permitted or mandated by law). The following persons have been designated to handle inquiries regarding the non-discrimination policies: Equity (Title IX) Coordinator, Dean of Students, 770.864.0532, 176 Murphy Campus Blvd Waco, GA 30182. ADA (Section 504) coordinator is V.P. of Administrative Services, 678.664.0533, 401 Adamson Square, Carrollton, GA 30117.

New students, welcome to WGTC! Returning students, welcome back! Student Life will be on a campus near you over the next two weeks! See the flyers below for additional details.



Spring 2022 Week of Welcome

Welcome Table on every campus.
Pick up resources, snacks, and giveaways

SEE YOU IN THE STUDENT CENTER | 10AM - 6PM

Tuesday, January 18, 2022	
Murphy	Douglas
Wednesday, January 19, 2022	
LaGrange	Coweta
Thursday, January 20, 2022	
Carroll	


First 50 students receive a FREE WGTC BEANIE!

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**Want to join us virtually for our evening
Power Walk on Wednesday, January 26?**

Click on the shoes for details!





Together, we can reach our 2022 Wellness Goals!

Student Life is bringing the fitness and fun to YOU!
Join us for an indoor Power Walking session to help you walk your way to WELLNESS.

Tuesday, January 25 Power Walks		
Coweta Campus Community Room 10 AM	LaGrange Campus Fitness Center 2:30 PM	
Wednesday, January 26 Power Walks		
Carroll Campus Classroom 212 10 AM	Murphy Campus Fitness Center 10 AM	Douglas Campus Community Room 2:30 PM

Click or scan with your phone camera to join us
virtually on January 26 at 4:30 pm
<https://bit.ly/3nqBJ82>



**FOLLOWING THE POWER WALK, SIGN UP FOR THE WEDNESDAY
WALKING CLUB & GET YOUR FITNESS CENTER CARD**

Coweta: 10:30AM - 11:30AM	LaGrange: 3PM - 4PM
Carroll & Murphy: 10:30AM - 11:30AM	Douglas: 3PM - 4PM

**WEST GEORGIA
TECHNICAL COLLEGE
STUDENT LIFE**

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